

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Tropical Fruit Cup Vegetarian Hamburger/ Cheese on Hamburger Roll Baked Beans Carrots Fresh Seasonal Fruit	<b>2</b> Tomato Juice Chicken Breast Mushroom Gravy Brown Rice Green Beans White Bread Fresh Apple	<b>3</b> Hamburger Hamburger Roll Baked Beans Pepper Slaw Watermelon	<b>4</b> <b>CLOSED FOR HOLIDAY</b> 
<b>7</b> Tuna Salad Cold Plate Fresh Tossed Salad Potato Salad Fresh Grape Tomato Wheat Bread Fresh Seasonal Fruit	<b>8</b> Juice Fruit Punch Italian Cold Cut Meat and Provolone Cheese on Sub Roll Potato Salad Cole Slaw Fruit Cocktail	 <b>BRUNSWICK SENIOR            CENTER PICNIC</b>	<b>10</b> Pineapple Juice Baked Chicken Mashed Potatoes Sweet Peas Fresh Seasonal Fruit Whole Wheat Bread	<b>11</b> Orange Juice Meatloaf with Brown Gravy Macaroni & Cheese Green Beans Fresh Apple Wheat Bread
<b>14</b> Apple Juice Turkey Burger Lettuce Garnish Fresh Grape Tomato Potato Salad Hamburger Roll Diced Pears	<b>15</b> Orange Juice Chef's Salad Diced Ham Diced Hard Boiled Egg Shred Cheese Grape Tomatoes Fresh Apple Slices	<b>16</b> Apple Juice BBQ Beef Green Beans Scalloped Potatoes Sandwich Roll Tropical Fruit	<b>17</b> Juice Fruit Punch Chicken Taco Salad Seasoned Ground Chicken Shredded Lettuce & Tomato Shredded Cheddar Cheese Refried Beans & Mexican Rice Pineapple Tidbits	<b>18</b> Watermelon 1/4 lb. Beef Hot Dog Cole Slaw Pepper & Onion Garnish Baked Beans Apple Pie
<b>21</b> Multi Bean Soup Apple Juice Fruit Cold Plate W/Cottage Cheese Hard Boiled Egg Peach & Pear Slices Pineapple Ring	<b>22</b> Cranberry Juice Breaded Chicken Drumstick Mashed Potatoes Fresh Sweet and Sour Cabbage Slaw Fruit Cocktail Wheat Bread	<b>23</b> Juice Fruit Punch Baked Potato Tossed Salad Ranch Dressing Chili con Carne Shredded Cheddar Cheese Applesauce	<b>24</b> Pineapple Juice Hot Roast Beef with Gravy Mashed Potatoes Green Beans Whole Wheat Bread Fruit Cocktail	<b>25</b> Orange Pineapple Juice Pork Loin w/ gravy Bread Stuffing Chick Pea Salad Hot Spiced Apples
<b>28</b> Apple Juice Rotini with Sweet Italian Sausage Tomato Sauce Green Beans Whole Wheat Bread. Fresh Seasonal Fruit	<b>29</b> Tomato Juice Diced Chicken & Pasta Salad served on a bed of Fresh Baby Spinach Corn Muffin Mandarin Oranges	<b>30</b> Juice Fruit Punch Meatball Sub on Hot Dog Roll Shredded Mozzarella Cheese Fresh Tossed Salad Low Fat Ranch Dressing Diced Peaches	<b>31</b> Grape Juice Pepper Steak Whole Grain Brown Rice Pilaf Brussels Sprouts Fresh Apple Wheat Bread	<b>Please call the senior            center coordinator or            meal manager            48 hours in advance to            reserve a meal.</b>

~Menus subject to change~

~Milk is served with every meal~